



Food That Works - Blue Week Menu

AKA EXOTIC GETAWAY

PREP DAY RECIPE

Quinoa
Tzatziki
Charbroiled Vegetables
Hummus
Mixed Salad
Tabouleh

BREAKFAST

Whole Grain Cereal with Berries and Nuts
Warm Quinoa Cereal
Greek Yogurt Bowl with Fruit, Nuts, and Honey
Smoothies

LUNCH

Mediterranean Salad with Oranges
Greek Chicken Salad
Leftovers from Dinner:
Mediterranean Meze Plate: Hummus, Tzatziki, Tabouleh
Charbroiled Vegetable Lasagna

DINNER

Yogurt-Marinated Chicken Kebabs with Tzatziki
Personal Pita Pizzas or Pasta Primavera
Grilled Veggie Pita Pocket with Hummus and Tabouleh
Charbroiled Vegetable Lasagna

EXTRAS

Pita Chips
Steamed Summer Squash
Tahini Tea Cookies with Orange Zest



Food That Works - Blue Week Shopping List

(Print me out and take me to the store with you!)

Asterisk (*) suggests to buy organic

Fruit

- Bananas: 4
 - Oranges: 2
 - Lemons: 2 to 3
 - Pomegranate: 1 (optional)
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Vegetables

- *Salad greens: 1 (5oz) tub, like organic spring mix
 - *Grape tomatoes: 1 pint
 - Garlic: 2 heads
 - Carrots: 1 (1lb) bag
 - *Cucumbers: 2
 - Yellow onions: 2
 - Red onion: 1 small
 - *Green bell pepper: 1
 - *Red bell pepper: 1
 - Zucchini aka Italian squash: 2
 - Summer aka yellow squash: 1
 - Eggplant: 1 medium
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Fresh Herbs

- Mint: 1 bunch
- Dill: 1 bunch
- Basil: 1 bunch (optional)
- Thyme: 1 bunch (optional)

Specialty Cheese Section

- Sharp Cheddar cheese: 1 (10oz) block
 - Feta cheese: 1 (8-12oz) container best from bulk bar or deli
 - Kalamata olives: 1 container best from bulk bar or deli (optional)
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Poultry

- *Chicken breasts (boneless, skinless): 1½ pounds
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Baked Goods

- Pitas, whole wheat, large: 1 package
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Pasta, Grains, Nuts

- Lasagna noodles, no-boil (aka oven-ready): 1 (8oz) box
- Quinoa: 1 (12oz) package
- Cereal of your choice, whole grain: 1 box, like Kashi Crunch
- Almonds, whole, raw: 1 (1lb) bag

Cans, Jars, Bottles, & More

- Chickpeas aka garbanzo beans: 1 (15oz) can
 - Beets, sliced: 1 (15oz) can (optional)
 - Spaghetti sauce: 1 (24oz) jar
 - Tahini sesame paste: 1 (10-16oz) jar
 - Sesame seeds: 1 small jar
 - Vanilla protein powder: 1 container (any size) (optional for smoothies)
 - Wood or metal shish kebab skewers: 1 package (optional)
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Refrigerated

- Cottage cheese, country style small curd, plain: 1 (16oz) container
 - Greek yogurt, plain, full-fat: 1 (32oz) container
 - *Egg: 1 egg, if making tahini cookies
 - Almond milk, unsweetened, or milk of your choice: 1 (half gallon) carton
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Frozen

- *Blueberries: 1 (15oz) bag